

IN THE CLAIMS

1. (currently amended): An exercise device comprising:
a length of resilient tubing having a first free end and a second free end;
a handle connected to a the first free end;
a handle connected to a the second free end; and
a padding section slidably secured to the resilient tubing;
and

a waist belt including a buckle means for buckling ends of the belt together and further having a "D"-ring secured to the belt on an outward side of the belt and further including a karabiner for connecting a handle to the "D"-ring.

2. Cancelled.

3. (currently amended): The exercise device according to claim 2 1 further including non-slip material attached to an inward side of the belt which material may be positioned against a user when the belt is buckled onto a user.

4. (currently amended): An exercise device comprising:
a length of resilient tubing having a first free end and a second free end;
a strap handle connected to the first free end;
a strap handle connected to the second free end;
a first tubular section constructed of rubberized foam and having an inner diameter sized to slidably receive the resilient tubing;

the resilient tubing threaded through the first tubular section with the first tubular section positioned approximately midway between the first and second free ends;

a second tubular section, constructed of rubberized foam, slidably receiving the resilient tubing and positioned between the first free end and the first tubular section, the second tubular section further positioned in spaced apart relation with the first tubular section; and

a third tubular section, constructed of rubberized foam, slidably receiving the resilient tubing and positioned between the second free end and the first tubular section, the third tubular section further positioned in spaced apart relation with the third tubular section.

5. (original): The exercise device according to claim 4 further including a strap loop connected to the first tubular section.

6. (original): The exercise device according to claim 4 further including a waist belt including a buckle means for buckling ends of the belt together and further having a "D"-ring secured to the belt on an outward side of the belt and further including a karabiner for connecting a strap handle to the "D"-ring.

7. (original): The exercise device according to claim 4 further including non-slip material attached to an inward side of the belt which material may be positioned against a user when the belt is buckled onto a user.